



**GEORGIA LIMMER**  
NATUROPATH & NUTRITIONIST

## **Slow Cooker Recipes**

Created by Georgia Limmer



# Slow Cooker Recipes

Georgia Limmer

Hi,

Welcome to the slow cooked recipe collection! Here you will find a collection of delicious recipes I have put together. These recipes will keep you inspired and help you eat more nutrient-dense foods. Slow cooker is not required - you can use any casserole dish with a lid in the oven or heavy based saucepan on low on the stove - they just require some attention if not in a slow cooker, but basically, you can set and forget.

## How to Use

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Get started by adding a couple of new recipes from this collection into your regular meal rotation.

## Recipe Tips

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On each recipe, you'll see the total time, the number of servings, ingredients, and directions. Before you start, check the ingredients list to see if anything needs to be prepped in advance, like dicing vegetables. It's also helpful to read through the directions before you start cooking so you have an idea of what to expect.

## Leftovers

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Cook once, eat multiple times! Most leftovers can last about three days in the fridge, so maximize your time in the kitchen. Make enough dinner to take for lunch the next day or double a recipe to last for a few days. This is a great habit that will save you time and money.

# Immunity Boosting Bone Broth

9 ingredients · 12 hours · 8 servings



## Directions

1. Place the bones in the slow cooker. Add all remaining ingredients. Set slow cooker to low and let cook for at least 12 hours.
2. After 12 hours, strain the broth through a strainer or mesh sack. Discard the vegetables that you strained out. Allow broth to cool. Once cool, remove the layer of fat that forms on the top and discard or save it for future cooking. Freeze broth until ready to use.

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days. Freeze for up to three months.

### Serving Size

One serving is approximately 1 to 1 1/2 cups.

### Low FODMAP

Omit garlic and onions.

## Ingredients

- 2 Whole Chicken Carcass (about 2 lbs of bones)
- 2 Carrot (peeled and chopped)
- 2 Yellow Onion (diced)
- 4 stalks Celery (chopped)
- 6 Garlic (cloves, halved)
- 2 tbsps Apple Cider Vinegar
- 2 tsps Sea Salt
- 2 cups Parsley (chopped)
- 12 cups Water

## Nutrition

Amount per serving

<b>Calories</b>	30	Vitamin D	0IU
<b>Fat</b>	0g	Vitamin E	0mg
Saturated	0g	Vitamin K	257µg
<b>Carbs</b>	7g	Thiamine	0mg
Fiber	2g	Riboflavin	0mg
Sugar	3g	Niacin	0mg
<b>Protein</b>	1g	Vitamin B6	0.1mg
Cholesterol	0mg	Folate	33µg
Sodium	634mg	Vitamin B12	0µg
Potassium	237mg	Phosphorous	23mg
Vitamin A	3918IU	Magnesium	19mg
Vitamin C	22mg	Zinc	0mg

Calcium	84mg	Selenium	0µg
Iron	2mg		

# Slow Cooker Orange Pulled Pork with Coleslaw

12 ingredients · 6 hours · 10 servings



## Directions

1. Add the olive oil, orange juice, lime juice, cilantro, mint, garlic, cumin, salt and pepper to a food processor and blend until well combined.
2. Place the pork into the slow cooker and cover in the marinade. Cook on low for six to eight hours, or high for four hours, or until the pork is tender and falls apart easily.
3. Meanwhile, combine the coleslaw mix, mayonnaise, and apple cider vinegar. Mix well then refrigerate until ready to serve.
4. Use two forks to pull apart the pork and plate with the coleslaw. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately six ounces of pulled pork and one cup of coleslaw.

### More Flavor

Add fresh oregano and orange zest to the marinade. Sear the pork on all sides before adding to the slow cooker.

## Ingredients

- 1/2 cup Extra Virgin Olive Oil
- 3/4 cup Orange Juice
- 2 tbsps Lime Juice
- 1 cup Cilantro
- 1/4 cup Mint Leaves
- 6 Garlic (cloves)
- 2 tsps Cumin (ground)
- Sea Salt & Black Pepper (to taste)
- 1.8 kilograms Pork Shoulder, Boneless
- 10 cups Coleslaw Mix
- 2/3 cup Mayonnaise
- 2 1/2 tsps Apple Cider Vinegar

## Nutrition

Amount per serving

Calories	465	Vitamin D	1IU
Fat	28g	Vitamin E	2mg
Saturated	5g	Vitamin K	36µg
Carbs	9g	Thiamine	1.2mg
Fiber	2g	Riboflavin	0.9mg
Sugar	5g	Niacin	18mg
Protein	42g	Vitamin B6	1.3mg
Cholesterol	115mg	Folate	8µg
Sodium	224mg	Vitamin B12	1.6µg

Potassium	757mg	Phosphorous	428mg
Vitamin A	3189IU	Magnesium	53mg
Vitamin C	47mg	Zinc	4mg
Calcium	66mg	Selenium	47µg
Iron	2mg		

# Slow Cooker Bean & Quinoa Chili

10 ingredients · 3 hours · 4 servings



## Directions

1. Add all of the ingredients to the pot of a slow cooker and mix well to combine.
2. Cook on high for two and a half to three hours or on low for five to six hours.
3. Stir well and season with additional salt if needed. Divide between bowls and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving is approximately equal to 1 1/4 cups of chili.

### More Flavor

Add other dried herbs and spices to taste, like coriander, oregano, red pepper flakes, cayenne pepper, and/or black pepper.

### Additional Toppings

Lime wedges, cilantro, avocado, sour cream or yogurt, cheese, red pepper flakes, nutritional yeast, and/or tortilla chips.

### More Veggies

Add corn kernels or bell pepper. Wilt in spinach or kale.

### No Mixed Beans

Use any combination of black beans, chickpeas, kidney beans pinto beans, or black-eyed peas.

## Ingredients

**2 cups** Mixed Beans (from the can, rinsed well)

**1 1/2 cups** Diced Tomatoes (from the can with juices)

**1 1/2 cups** Vegetable Broth

**1/2 cup** Red Onion (finely chopped)

**1/3 cup** Quinoa (dry)

**2** Garlic (large clove, minced)

**1 1/2 tbsps** Tomato Paste

**1 1/2 tbsps** Chili Powder

**2 1/4 tsps** Cumin

**1/2 tsp** Sea Salt

## Nutrition

Amount per serving

<b>Calories</b>	216	Vitamin D	0IU
<b>Fat</b>	2g	Vitamin E	2mg
Saturated	0g	Vitamin K	12µg
<b>Carbs</b>	39g	Thiamine	0.2mg
Fiber	9g	Riboflavin	0.2mg
Sugar	5g	Niacin	1mg
<b>Protein</b>	12g	Vitamin B6	0.3mg
Cholesterol	0mg	Folate	147µg
Sodium	650mg	Vitamin B12	0µg
Potassium	630mg	Phosphorous	217mg

Vitamin A	1571IU	Magnesium	80mg
Vitamin C	14mg	Zinc	2mg
Calcium	86mg	Selenium	3µg
Iron	5mg		

# Beef Shank & Mashed Potatoes

8 ingredients · 4 hours · 6 servings



## Directions

1. Heat half the oil in a large pan over medium-high heat. Fry the beef shanks until browned on all sides, about five minutes. Transfer to the slow cooker and set to high.
2. Meanwhile, heat the remaining oil in the same pan over medium heat. Add the garlic and onions. Cook until the onions are tender, about five to eight minutes. Add a bit of liquid from the diced tomatoes to deglaze the pan.
3. Transfer the onions, diced tomatoes, salt, and pepper to the slow cooker. Cook for four hours on high, or six to eight hours on low, or until the beef shanks are tender and fall off the bone easily. Season with more salt and pepper if needed.
4. Meanwhile, bring a large pot of water to a boil. Add the potatoes to the pot and boil for 15 minutes or until soft. Drain the water and mash with a potato masher until creamy. Season with salt and pepper.
5. Divide the beef shank, mashed potatoes, and arugula onto plates and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days or freeze if longer.

### Serving Size

One serving equals 1 1/2 to two cups of beef shank stew, half cup of mashed potatoes, and two cups of arugula.

### More Flavor

Add thyme, rosemary, chives, or parsley. Deglaze the pan with wine instead of tomato juice.

### Additional Toppings

Add carrots, celery, peas, or mushrooms to the stew.

## Ingredients

- 1 1/2 tbsps Extra Virgin Olive Oil (Divided)
- 907 grams Beef Shanks (cut into 3-inch pieces)
- 3 Garlic (cloves, minced)
- 1/2 White Onion (large, sliced)
- 3 cups Diced Tomatoes
- Sea Salt & Black Pepper (to taste)
- 6 Russet Potato (medium, peeled and chopped)
- 12 cups Arugula

## Nutrition

Amount per serving

Calories	429	Vitamin D	0IU
Fat	10g	Vitamin E	1mg
Saturated	3g	Vitamin K	49µg
Carbs	44g	Thiamine	0.3mg
Fiber	6g	Riboflavin	0.5mg
Sugar	6g	Niacin	11mg
Protein	40g	Vitamin B6	1.4mg
Cholesterol	59mg	Folate	98µg
Sodium	152mg	Vitamin B12	5.0µg
Potassium	1704mg	Phosphorous	457mg
Vitamin A	1467IU	Magnesium	93mg
Vitamin C	33mg	Zinc	11mg
Calcium	151mg	Selenium	28µg

Iron

7mg

# Slow Cooker Beef Shank, Broccolini & Rice

8 ingredients · 4 hours · 6 servings



## Directions

1. Heat half the oil in a large pan over medium-high heat. Fry the beef shanks until browned on all sides, about five minutes. Transfer to the slow cooker and set to high.
2. Meanwhile, heat the remaining oil in the same pan over medium heat. Add the garlic and onions. Cook until the onions are tender, about five to eight minutes. Add a bit of liquid from the diced tomatoes to deglaze the pan.
3. Transfer the onions, diced tomatoes, salt, and pepper to the slow cooker. Cook for four hours on high, or six to eight hours on low, or until the beef shanks are tender and fall off the bone easily. Season with more salt and pepper if needed.
4. Meanwhile, cook the rice according to the package instructions and set aside.
5. Next, add the broccolini to a large pan over high heat and cover halfway with water. Boil for about six to eight minutes, or until fork-tender.
6. Divide the beef shank, rice, and steamed broccolini onto plates and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days or freeze if longer.

### Serving Size

One serving equals 1 1/2 to two cups of beef shank stew, half cup of mashed potatoes, and two cups of arugula.

### More Flavor

Add thyme, rosemary, chives, or parsley. Deglaze the pan with wine instead of tomato juice.

### Additional Toppings

Add carrots, celery, peas, or mushrooms to the stew.

## Ingredients

- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 907 grams Beef Shanks (cut into 3-inch pieces)
- 3 Garlic (cloves, minced)
- 1/2 White Onion (large, sliced)
- 3 cups Diced Tomatoes
- Sea Salt & Black Pepper (to taste)
- 2 cups Jasmine Rice (dry, uncooked)
- 680 grams Broccolini (trimmed, chopped)

## Nutrition

Amount per serving

Calories	498	Vitamin D	0IU
Fat	10g	Vitamin E	1mg
Saturated	3g	Vitamin K	103µg
Carbs	61g	Thiamine	0.3mg
Fiber	5g	Riboflavin	0.5mg
Sugar	4g	Niacin	9mg
Protein	39g	Vitamin B6	0.8mg
Cholesterol	59mg	Folate	132µg
Sodium	124mg	Vitamin B12	5.0µg
Potassium	915mg	Phosphorous	362mg
Vitamin A	2450IU	Magnesium	44mg
Vitamin C	47mg	Zinc	11mg
Calcium	175mg	Selenium	29µg

Iron

5mg

# Slow Cooker Lotus Root, Pumpkin & Pork Soup

6 ingredients · 5 hours · 8 servings



## Directions

1. Soak the pork ribs in cold water for at least one hour. Rinse and drain.
2. Bring a pot of water to a boil. Blanch the pork ribs in the hot water for two to three minutes. Drain and rinse the pork ribs again, then add to the slow cooker. This process helps create a clearer broth.
3. Add the water, pumpkin, lotus root, ginger, and salt to the slow cooker. Cook for at least four hours on high, or six to eight hours on low.
4. Remove the ginger slices and discard. Shred the pork off the bone, and season the soup with salt to taste as needed. Enjoy!

## Notes

### Pumpkin

A 2 lb pumpkin yields approximately 2 1/2 cups.

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving equals approximately two cups.

### Additional Toppings

Top with sliced green onions.

### No Pumpkin

Use any squash instead.

### No Lotus Root

Use jicama or water chestnuts instead.

## Ingredients

**680 grams** Pork Ribs

**8 cups** Water

**2 1/2 cups** Pie Pumpkin (small, peeled, seeds removed, chopped)

**230 grams** Lotus Root (medium, peeled, halved, and sliced)

**2 tbsps** Ginger (peeled, sliced)

**1/2 tsp** Sea Salt

## Nutrition

Amount per serving

<b>Calories</b>	190	Vitamin D	22IU
<b>Fat</b>	9g	Vitamin E	0mg
Saturated	2g	Vitamin K	0µg
<b>Carbs</b>	8g	Thiamine	0.5mg
Fiber	2g	Riboflavin	0.3mg
Sugar	1g	Niacin	6mg
<b>Protein</b>	18g	Vitamin B6	0.7mg
Cholesterol	49mg	Folate	10µg
Sodium	212mg	Vitamin B12	0.5µg
Potassium	576mg	Phosphorous	218mg
Vitamin A	3093IU	Magnesium	36mg
Vitamin C	16mg	Zinc	2mg
Calcium	66mg	Selenium	31µg

Iron

1mg

# Slow Cooker Chicken & Wild Rice Soup

7 ingredients · 4 hours · 8 servings



## Directions

1. Add the chicken, water, carrot, rice, salt, and bay leaves, if using, into the slow cooker. Cook on high for at least 4 hours or on low for approximately 6 hours.
2. Stir in the kale just before serving and adjust seasoning as needed. Remove bay leaves. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days or freeze if longer.

### Serving Size

One serving equals approximately 1 1/2 to 2 cups.

### More Flavor

Use homemade bone broth or vegetable broth instead of water. Add ginger, garlic, onion, and/or mushrooms.

### Make it Vegan

Use black beans instead of chicken.

## Ingredients

- 369 grams** Chicken Breast
- 10 cups** Water
- 2** Carrot (medium, chopped)
- 1 1/4 cups** Wild Rice (rinsed)
- 1 tsp** Sea Salt
- 2** Bay Leaf (optional)
- 1 cup** Kale Leaves (stems removed, chopped)

## Nutrition

Amount per serving

<b>Calories</b>	152	Vitamin D	0IU
<b>Fat</b>	2g	Vitamin E	1mg
Saturated	0g	Vitamin K	13µg
<b>Carbs</b>	20g	Thiamine	0.1mg
Fiber	2g	Riboflavin	0.2mg
Sugar	1g	Niacin	6mg
<b>Protein</b>	14g	Vitamin B6	0.5mg
Cholesterol	34mg	Folate	32µg
Sodium	335mg	Vitamin B12	0.1µg
Potassium	318mg	Phosphorous	213mg
Vitamin A	2693IU	Magnesium	66mg
Vitamin C	3mg	Zinc	2mg
Calcium	49mg	Selenium	11µg
Iron	1mg		

# Soothing Pork Hock Noodle Soup

5 ingredients · 8 hours 30 minutes · 8 servings



## Directions

1. Add the pork hock, water and salt to a slow cooker and cook on high for 6 to 8 hours. Strain or skim the fat from the surface. Adjust salt as needed.
2. About 20 minutes before the pork is done, cook the soba noodles according to the directions on the package. Drain and rinse with cold water until completely cooled. Set aside.
3. Add the Chinese broccoli to a pan with enough water to cover halfway. Steam for about 3 to 5 minutes or until tender.
4. Divide the soba noodles, Chinese broccoli, pork hock and broth from the slow cooker into bowls. Enjoy!

## Notes

### Leftovers

Refrigerate the pork and broth in airtight containers for up to three days or freeze for up to two months. Refrigerate the soba noodles and Chinese broccoli for up to five days.

### Serving Size

One serving equals approximately 2 to 3 pieces of pork hock, 3/4 cup of Chinese broccoli, 1 cup of broth and 1 cup of soba noodles.

### More Flavor

Add herbs, spices, onion, garlic, carrot and/or celery to the broth for more depth of flavor.

### Additional Toppings

Top with fresh herbs, fried garlic and lime juice.

### No Pork Hock

Use pork shank instead.

## Ingredients

- 2.7 kilograms** Pork Hock
- 8 cups** Water
- 1 tsp** Sea Salt
- 298 grams** Buckwheat Soba Noodles
- 510 grams** Chinese Broccoli

## Nutrition

Amount per serving

<b>Calories</b>	652	Vitamin D	78IU
<b>Fat</b>	20g	Vitamin E	1mg
Saturated	6g	Vitamin K	57µg
<b>Carbs</b>	30g	Thiamine	3.0mg
Fiber	2g	Riboflavin	0.9mg
Sugar	1g	Niacin	18mg
<b>Protein</b>	75g	Vitamin B6	1.7mg
Cholesterol	231mg	Folate	97µg
Sodium	605mg	Vitamin B12	2.4µg
Potassium	1430mg	Phosphorous	806mg
Vitamin A	1117IU	Magnesium	102mg
Vitamin C	22mg	Zinc	8mg
Calcium	111mg	Selenium	121µg
Iron	4mg		

# Slow Cooker Kidney Bean & Barley Chili

10 ingredients · 4 hours 10 minutes · 4 servings



## Directions

1. Place all the ingredients in the slow cooker and stir the mixture. Cover and cook for four hours on high or six hours on low.
2. Divide evenly between bowls and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days. Freeze individual portions for up to three months.

### Serving Size

One serving is equal to approximately two cups.

### More Flavor

Add carrots, red onions, mixed beans.

### Additional Toppings

Fresh parsley, chives, basil and/or cilantro.

## Ingredients

- 3/4 cup** Pearl Barley (uncooked, rinsed and drained)
- 1/2 cup** Red Onion (medium, finely chopped)
- 2 stalks** Celery (chopped)
- 2 tsps** Garlic Powder
- 1/2 tsp** Chili Powder
- 2** Bay Leaf
- 2 cups** Red Kidney Beans (cooked)
- 1 cup** Kale Leaves (stems removed and leaves chopped)
- 4 cups** Diced Tomatoes (from the can, with the juices)
- 3 cups** Vegetable Broth, Low Sodium

## Nutrition

Amount per serving

<b>Calories</b>	318	Vitamin D	0IU
<b>Fat</b>	1g	Vitamin E	0mg
Saturated	0g	Vitamin K	28µg
<b>Carbs</b>	62g	Thiamine	0.2mg
Fiber	17g	Riboflavin	0.1mg
Sugar	9g	Niacin	2mg
<b>Protein</b>	15g	Vitamin B6	0.3mg
Cholesterol	0mg	Folate	89µg
Sodium	161mg	Vitamin B12	0µg

Potassium	600mg	Phosphorous	225mg
Vitamin A	1452IU	Magnesium	80mg
Vitamin C	34mg	Zinc	2mg
Calcium	139mg	Selenium	16µg
Iron	5mg		

# Slow Cooker Lamb Curry

12 ingredients · 4 hours 15 minutes · 6 servings



## Directions

1. Add all of the ingredients to the pot of a slow cooker. Stir to combine.
2. Cover and cook on high heat for four hours or on low heat for eight hours, until the lamb is tender. Remove any fat from the surface, if desired.
3. Divide evenly between bowls and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days or freeze individual portions for up to three months.

### Serving Size

One serving is equal to approximately one cup.

### More Flavor

Serve with rice and peas.

### Additional Toppings

Green onions, cilantro, parsley.

### No Scotch Bonnet Peppers

Use a different hot pepper like Serrano, Anaheim, or Thai red chili peppers.

## Ingredients

**680 grams** Lamb Shoulder Chop (boneless, chopped into 1-inch cubes)

**1 1/2 cups** Canned Coconut Milk

**1** Yellow Onion (medium, diced)

**1** Scotch Bonnet (optional, finely chopped)

**3 tbsps** Tomato Paste

**2 tbsps** Curry Powder

**2 tbsps** Thyme (fresh, plus more for garnish)

**2 tbsps** Ginger (finely chopped)

**2 tbsps** Tamari

**3** Garlic (finely chopped)

**2 tsps** Ground Allspice

**1 tbsp** Arrowroot Powder

## Nutrition

Amount per serving

<b>Calories</b>	327	Vitamin D	6IU
<b>Fat</b>	21g	Vitamin E	1mg
Saturated	13g	Vitamin K	3µg
<b>Carbs</b>	9g	Thiamine	0.1mg
Fiber	2g	Riboflavin	0.2mg
Sugar	4g	Niacin	5mg
<b>Protein</b>	26g	Vitamin B6	0.1mg
Cholesterol	67mg	Folate	5µg

Sodium	451mg	Vitamin B12	2.9µg
Potassium	630mg	Phosphorous	241mg
Vitamin A	213IU	Magnesium	39mg
Vitamin C	7mg	Zinc	4mg
Calcium	66mg	Selenium	10µg
Iron	3mg		

# Slow Cooker Chicken & Black Bean Taco Soup

10 ingredients · 5 hours · 4 servings



## Directions

1. Place the chicken, quinoa, beans, taco seasoning, tomatoes, broth, and half of the cilantro in a slow cooker. Stir, cover, and cook on low for five hours.
2. Remove the chicken from the soup and shred with two forks. Return to the soup and mix well.
3. Divide evenly between bowls and garnish with avocado, yogurt, corn tortillas, and the remaining cilantro. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days or freeze for up to three months.

### Serving Size

One serving is equal to approximately two cups.

### More Flavor

Season with sea salt and ground black pepper, lime juice, corn, onions, garlic, and/or red bell pepper.

### Additional Toppings

Hot sauce and/or cheese.

### Dairy-Free

Omit the yogurt.

## Ingredients

- 454 grams** Chicken Thighs (boneless, skinless)
- 1/3 cup** Quinoa (dry, rinsed)
- 1 cup** Black Beans
- 2 tbsps** Taco Seasoning
- 3 cups** Fire Roasted Diced Tomatoes (from the can, with juices)
- 750 milliliters** Bone Broth
- 1 cup** Cilantro (chopped, divided)
- 1** Avocado (large, sliced)
- 1/2 cup** Plain Greek Yogurt (optional)
- 2 cups** Corn Tortilla Chips (crumbled)

## Nutrition

Amount per serving

<b>Calories</b>	571	Vitamin D	14IU
<b>Fat</b>	22g	Vitamin E	3mg
Saturated	5g	Vitamin K	28µg
<b>Carbs</b>	50g	Thiamine	0.3mg
Fiber	12g	Riboflavin	0.4mg
Sugar	9g	Niacin	8mg
<b>Protein</b>	42g	Vitamin B6	0.8mg
Cholesterol	139mg	Folate	139µg
Sodium	1245mg	Vitamin B12	0.7µg
Potassium	1115mg	Phosphorous	389mg

Vitamin A	1884IU	Magnesium	119mg
Vitamin C	22mg	Zinc	3mg
Calcium	258mg	Selenium	29µg
Iron	5mg		

# Slow Cooker Deconstructed Stuffed Pepper Soup

8 ingredients · 4 hours 10 minutes · 5 servings



## Directions

1. Place all of the ingredients in the slow cooker and stir the mixture, making sure to loosen the meat. Cover and cook for four hours on high or six hours on low setting.
2. Divide between bowls and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days. Freeze individual portions for up to three months.

### Serving Size

One serving is equal to approximately two cups.

### Freezer Meal

Place all the ingredients, except for the broth, in a bag. Seal it and place it flat in the freezer. When ready to eat, let it thaw overnight in the refrigerator or take it out of the freezer at least one hour before cooking. Put the contents in the slow cooker, add the broth, cover and cook for four hours on high or six hours on low.

### Additional Toppings

Parmesan and/or mozzarella cheese. Fresh parsley, chives, basil and/or cilantro.

## Ingredients

- 454 grams** Lean Ground Beef
- 1** Yellow Onion (medium, diced)
- 2** Red Bell Pepper (large, diced)
- 2** Garlic (cloves, roughly chopped)
- 1 tbsp** Italian Seasoning
- 3 1/2 cups** Tomato Sauce
- 1/2 cup** Wild Rice (dry)
- 4 cups** Beef Broth

## Nutrition

Amount per serving

<b>Calories</b>	362	Vitamin D	31U
<b>Fat</b>	19g	Vitamin E	4mg
Saturated	7g	Vitamin K	9µg
<b>Carbs</b>	27g	Thiamine	0.2mg
Fiber	5g	Riboflavin	0.5mg
Sugar	11g	Niacin	8mg
<b>Protein</b>	23g	Vitamin B6	0.8mg
Cholesterol	64mg	Folate	62µg
Sodium	477mg	Vitamin B12	1.9µg
Potassium	995mg	Phosphorous	289mg
Vitamin A	2252IU	Magnesium	77mg
Vitamin C	73mg	Zinc	6mg
Calcium	63mg	Selenium	15µg

Iron

5mg

# Slow Cooker Black Bean & Barley Chili

10 ingredients · 4 hours 10 minutes · 4 servings



## Directions

1. Place all the ingredients in the slow cooker and stir to combine. Cover and cook for four hours on high or six hours on low setting.
2. Divide evenly between bowls and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days. Freeze individual portions for up to three months.

### Serving Size

One serving is equal to approximately two cups.

### More Flavor

Add carrots, red onions, and/or mixed beans.

### Additional Toppings

Fresh parsley, chives, basil and/or cilantro.

## Ingredients

- 3/4 cup** Pearl Barley (uncooked, rinsed and drained)
- 1/2 cup** Red Onion (medium, finely chopped)
- 2 stalks** Celery (chopped)
- 2 tsps** Garlic Powder
- 1/2 tsp** Chili Powder
- 2** Bay Leaf
- 2 cups** Black Beans (cooked)
- 1 cup** Kale Leaves (chopped)
- 4 cups** Diced Tomatoes (from the can, with the juices)
- 3 cups** Vegetable Broth, Low Sodium

## Nutrition

Amount per serving

<b>Calories</b>	322	Vitamin D	0IU
<b>Fat</b>	1g	Vitamin E	1mg
Saturated	0g	Vitamin K	30µg
<b>Carbs</b>	63g	Thiamine	0.3mg
Fiber	16g	Riboflavin	0.1mg
Sugar	9g	Niacin	2mg
<b>Protein</b>	14g	Vitamin B6	0.2mg
Cholesterol	0mg	Folate	152µg
Sodium	158mg	Vitamin B12	0µg

Potassium	535mg	Phosphorous	224mg
Vitamin A	1455IU	Magnesium	97mg
Vitamin C	33mg	Zinc	2mg
Calcium	103mg	Selenium	16µg
Iron	5mg		

# Slow Cooker Beef, Mushroom & Cabbage Casserole

8 ingredients · 4 hours 10 minutes · 8 servings



## Directions

1. Place all the ingredients in the slow cooker and stir the mixture, making sure to loosen the meat. Cover and cook for four hours on high or six hours on low.
2. Serve and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days. Freeze individual portions for up to three months.

### Serving Size

One serving is equal to approximately one cup.

### Serve it With

Bean sprouts, cooked rice, or noodles

### Freezer Meal

Place all the raw ingredients, except for the broth, in a bag. Seal it and place it flat in the freezer. When ready to eat, let it thaw overnight in the refrigerator or take it out of the freezer at least one hour before cooking. Put the contents in the slow cooker, add the broth, cover and cook for four hours on high or six hours on low.

### More Flavor

Add fresh ginger, sesame oil garlic and/or onions. Use chicken, turkey, or pork instead. Use vegetable or miso broth instead.

### Additional Toppings

Cilantro, parsley, chopped peanuts, and/or sesame seeds.

## Ingredients

- 907 grams** Lean Ground Beef
- 3 cups** Coleslaw Mix
- 1** Red Bell Pepper (large, sliced)
- 12** White Button Mushrooms (halves)
- 2 stalks** Celery (chopped)
- 2 tbsps** Tamari
- 1 tbsp** Arrowroot Powder
- 1 cup** Beef Broth

## Nutrition

Amount per serving

<b>Calories</b>	316	Vitamin D	5IU
<b>Fat</b>	23g	Vitamin E	0mg
Saturated	9g	Vitamin K	6µg
<b>Carbs</b>	6g	Thiamine	0.1mg
Fiber	2g	Riboflavin	0.3mg
Sugar	3g	Niacin	6mg
<b>Protein</b>	22g	Vitamin B6	0.5mg
Cholesterol	81mg	Folate	24µg
Sodium	409mg	Vitamin B12	2.4µg
Potassium	464mg	Phosphorous	217mg
Vitamin A	1651IU	Magnesium	27mg
Vitamin C	33mg	Zinc	5mg
Calcium	43mg	Selenium	20µg

Iron

3mg

# Slow Cooker Enchilada Beans & Quinoa

8 ingredients · 2 hours · 6 servings



## Directions

1. Add the black beans, corn, tomatoes, enchilada sauce, quinoa, water, and salt to the slow cooker. Stir until combined.
2. Cook on high for two to four hours, or on low for four to six hours.
3. Divide into bowls and top with cheese. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving equals approximately two cups.

### More Flavor

Stir in a few tablespoons of cream cheese. Use fire roasted diced tomatoes.

### Additional Toppings

Top with chopped cilantro, avocado, tortilla chips, sour cream, or sliced jalapeno.

### Make it Vegan

Use vegan cheese instead of mozzarella cheese, or omit completely.

## Ingredients

- 3 cups** Black Beans (cooked)
- 2 cups** Frozen Corn (or fresh)
- 3 1/2 cups** Diced Tomatoes
- 2 cups** Enchilada Sauce
- 1/2 cup** Quinoa (dry)
- 1/2 cup** Water
- 1/2 tsp** Sea Salt
- 227 grams** Mozzarella Cheese (shredded)

## Nutrition

Amount per serving

<b>Calories</b>	357	Vitamin D	0IU
<b>Fat</b>	9g	Vitamin E	2mg
Saturated	5g	Vitamin K	5µg
<b>Carbs</b>	48g	Thiamine	0.3mg
Fiber	11g	Riboflavin	0.2mg
Sugar	7g	Niacin	2mg
<b>Protein</b>	19g	Vitamin B6	0.2mg
Cholesterol	34mg	Folate	177µg
Sodium	753mg	Vitamin B12	0µg
Potassium	589mg	Phosphorous	237mg
Vitamin A	1505IU	Magnesium	108mg
Vitamin C	16mg	Zinc	2mg
Calcium	198mg	Selenium	3µg

Iron

4mg

# Eggplant & Chickpea Stew

13 ingredients · 6 hours · 4 servings



## Directions

1. Place everything except the cilantro into a slowcooker and cover.
2. Cook on low for six to eight hours. Divide into bowls, top with fresh cilantro, and enjoy!

## Notes

### Leftovers

Store leftovers in an airtight container in the refrigerator for up to four days.

### Serving Size

One serving is equal to approximately two cups.

### More Flavor

Serve with pita bread or top with Greek yogurt.

### No Cilantro

Top with fresh parsley instead.

## Ingredients

- 1 Eggplant (medium, diced)
- 1 Yellow Onion (peeled, diced)
- 6 Garlic (cloves, minced)
- 3 1/2 cups Diced Tomatoes (from the can, undrained)
- 2 cups Chickpeas (cooked, rinsed well)
- 1/3 cup Dried Apricots (chopped)
- 1 1/2 tsps Cumin
- 1 1/2 tsps Smoked Paprika
- 1 tsp Coriander
- 1/2 tsp Cinnamon
- 2 tsps Sea Salt
- 1 cup Vegetable Broth
- 2 tbsps Cilantro (roughly chopped, for topping)

## Nutrition

Amount per serving

<b>Calories</b>	268	Vitamin D	0IU
<b>Fat</b>	3g	Vitamin E	1mg
Saturated	0g	Vitamin K	11µg
<b>Carbs</b>	50g	Thiamine	0.2mg
Fiber	14g	Riboflavin	0.1mg
Sugar	23g	Niacin	2mg
<b>Protein</b>	12g	Vitamin B6	0.3mg

Cholesterol	0mg	Folate	173µg
Sodium	1393mg	Vitamin B12	0µg
Potassium	790mg	Phosphorous	196mg
Vitamin A	1920IU	Magnesium	70mg
Vitamin C	27mg	Zinc	2mg
Calcium	130mg	Selenium	5µg
Iron	6mg		

# Slow Cooker Beef Meatballs

10 ingredients · 5 hours · 4 servings



## Directions

1. Roughly chop half of the garlic cloves then add to a blender or food processor with the tomatoes, tomato paste, onion, red pepper flakes, half of the Italian seasoning, and half of the salt. Pulse four to five times until combined and the ingredients are finely chopped. Set aside.
2. Add the beef to a mixing bowl. Mince the remaining garlic and add to the meat along with the remaining Italian seasoning, remaining salt, almond flour, and egg. Mix well.
3. Form the meat mixture into balls approximately one to two inches in diameter and place them in the bottom of the slow cooker.
4. Pour the tomato sauce over top of the meatballs. Cover and cook on high for four and a half hours or low for eight hours. Stir well and season with additional salt if needed.
5. To serve, divide meatballs between plates and top with a generous amount of sauce. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately four to five meatballs.

### More Flavor

Season meatballs with other dried herbs, like basil, oregano, and/or rosemary.

### Additional Toppings

Grated parmesan cheese or fresh herbs like basil and parsley.

### Serve it With

Cooked noodles, cauliflower rice, quinoa, rice, or roasted vegetables.

### No Canned Whole Tomatoes

Used canned diced tomatoes instead.

## Ingredients

- 4 Garlic (large cloves, divided)
- 3 cups Canned Whole Tomatoes (drained)
- 2 tbsps Tomato Paste
- 1/2 Yellow Onion (chopped)
- 1/4 tsp Red Pepper Flakes
- 1 1/3 tbsps Italian Seasoning (divided)
- 1 tsp Sea Salt (divided)
- 454 grams Extra Lean Ground Beef
- 1/4 cup Almond Flour
- 1 Egg

## Nutrition

Amount per serving

<b>Calories</b>	313	Vitamin D	14IU
<b>Fat</b>	16g	Vitamin E	1mg
Saturated	5g	Vitamin K	2µg
<b>Carbs</b>	12g	Thiamine	0.1mg
Fiber	3g	Riboflavin	0.2mg
Sugar	7g	Niacin	6mg
<b>Protein</b>	28g	Vitamin B6	0.5mg
Cholesterol	120mg	Folate	14µg
Sodium	1019mg	Vitamin B12	2.6µg
Potassium	497mg	Phosphorous	245mg
Vitamin A	1002IU	Magnesium	48mg

Vitamin C	21mg	Zinc	6mg
Calcium	80mg	Selenium	24µg
Iron	5mg		

# Slow Cooker Chicken Cacciatore

9 ingredients · 4 hours · 4 servings



## Directions

1. Combine all ingredients except parsley in the slow cooker and cook on high for 4 hours, or on low for approximately 6 to 8 hours.
2. Divide into bowls and garnish with parsley. Adjust salt to taste if needed. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to three months.

### Serve it With

Rice, bread, potatoes, spaghetti squash, zucchini noodles, pasta, cauliflower rice or couscous.

## Ingredients

- 680 grams** Chicken Thighs (skinless, boneless)
- 1** Carrot (peeled and sliced)
- 2 cups** Mushrooms (sliced)
- 2 cups** Crushed Tomatoes
- 1 1/2 tsps** Oregano
- 2 tbsps** Capers
- 1/2 cup** Black Olives (pitted, sliced)
- 1/2 tsp** Sea Salt
- 1/2 cup** Parsley (finely chopped)

## Nutrition

Amount per serving

<b>Calories</b>	286	Vitamin D	5IU
<b>Fat</b>	10g	Vitamin E	2mg
Saturated	2g	Vitamin K	142µg
<b>Carbs</b>	14g	Thiamine	0.3mg
Fiber	4g	Riboflavin	0.6mg
Sugar	7g	Niacin	13mg
<b>Protein</b>	38g	Vitamin B6	1.0mg
Cholesterol	160mg	Folate	47µg
Sodium	923mg	Vitamin B12	1.1µg
Potassium	1017mg	Phosphorous	406mg
Vitamin A	3557IU	Magnesium	76mg
Vitamin C	23mg	Zinc	3mg

Calcium	92mg	Selenium	44µg
Iron	5mg		

# Slow Cooker Butternut Squash & Ginger Soup

6 ingredients · 4 hours · 5 servings



## Directions

1. Combine all ingredients into the slow cooker. Cook on high for 3 to 4 hours, or on low for 6 hours.
2. Using a handheld blender, blend the soup until smooth or until desired consistency is reached. Divide into bowls and adjust salt to taste if needed. Enjoy!

## Notes

### Serving Size

One serving is equal to approximately 1.5 cups of soup.

### Leftovers

Refrigerate in an airtight container up to 5 to 7 days or freeze if longer.

### Save Time

Use pre-sliced butternut squash cubes (fresh or frozen).

### Optional Toppings

Roasted pumpkin or squash seeds, plain yogurt, coconut cream, or cilantro.

### No Curry Powder

Use turmeric instead.

### No Vegetable Broth

Use bone broth or almond milk instead.

## Ingredients

**8 cups** Butternut Squash (peeled, seeds removed and chopped)

**1 1/2 tbsps** Ginger (peeled and grated)

**1 tbsp** Curry Powder

**3 cups** Vegetable Broth

**2 tbsps** Apple Cider Vinegar

**1 tsp** Sea Salt

## Nutrition

Amount per serving

<b>Calories</b>	114	Vitamin D	0IU
<b>Fat</b>	1g	Vitamin E	4mg
Saturated	0g	Vitamin K	5µg
<b>Carbs</b>	29g	Thiamine	0.3mg
Fiber	5g	Riboflavin	0.1mg
Sugar	6g	Niacin	3mg
<b>Protein</b>	3g	Vitamin B6	0.4mg
Cholesterol	0mg	Folate	61µg
Sodium	875mg	Vitamin B12	0µg
Potassium	840mg	Phosphorous	84mg
Vitamin A	24127IU	Magnesium	82mg
Vitamin C	48mg	Zinc	0mg
Calcium	119mg	Selenium	2µg
Iron	2mg		

# Slow Cooker Sausage & Kale Soup

8 ingredients · 4 hours · 8 servings



## Directions

1. Add all ingredients to the slow cooker and cook on high for at least 4 hours, or on low for 8 to 12 hours.
2. Divide into bowls and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container up to 3 days, or freeze if longer.

### Serving Size

One serving is roughly 1 1/2 cups of soup.

### No Brown Rice

Use quinoa instead.

## Ingredients

**340 grams** Pork Sausage (cut into chunks)

**1** Yellow Onion (medium, diced)

**2** Carrot (medium, diced)

**2 stalks** Celery (diced)

**8 cups** Kale Leaves (chopped)

**8 cups** Water (or broth)

**2 tsps** Sea Salt

**3/4 cup** Brown Rice (dry, uncooked)

## Nutrition

Amount per serving

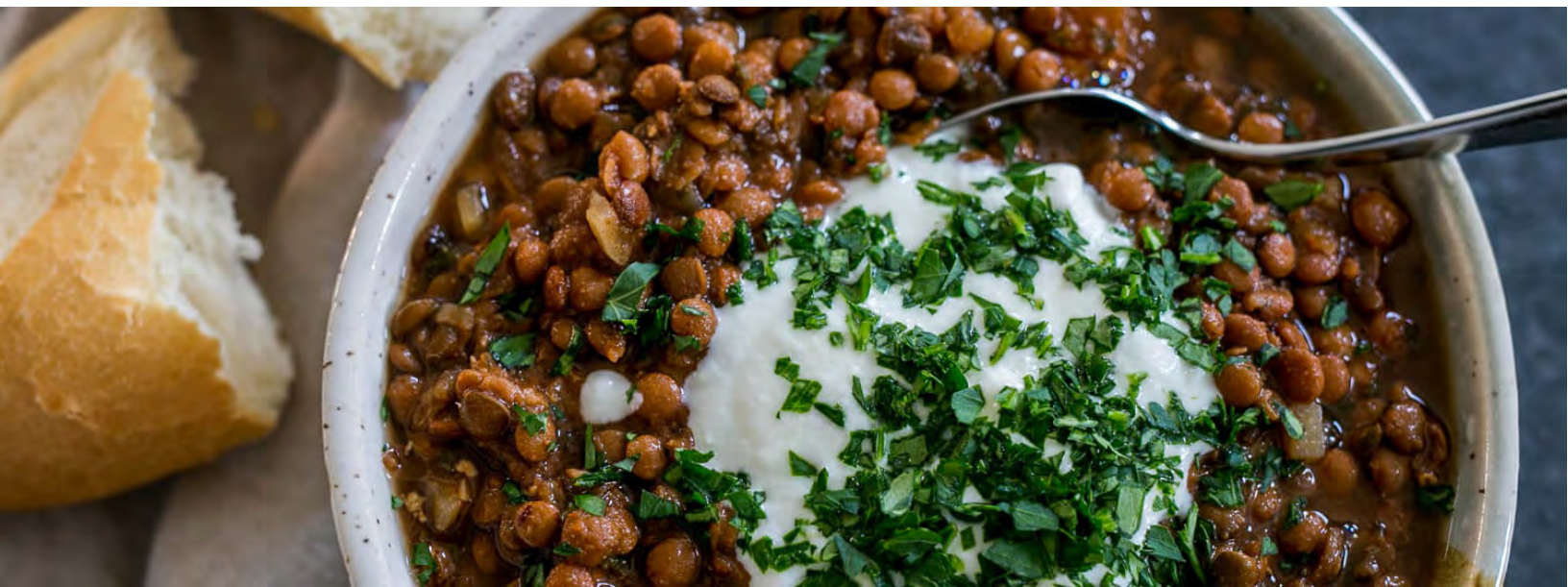
<b>Calories</b>	220	Vitamin D	19IU
<b>Fat</b>	13g	Vitamin E	0mg
Saturated	4g	Vitamin K	87µg
<b>Carbs</b>	18g	Thiamine	0.2mg
Fiber	2g	Riboflavin	0.1mg
Sugar	2g	Niacin	3mg
<b>Protein</b>	7g	Vitamin B6	0.2mg
Cholesterol	25mg	Folate	24µg
Sodium	1013mg	Vitamin B12	0.2µg
Potassium	287mg	Phosphorous	125mg
Vitamin A	3635IU	Magnesium	40mg
Vitamin C	21mg	Zinc	1mg
Calcium	98mg	Selenium	3µg

Iron

1mg

# Slow Cooker Moroccan Lentils

9 ingredients · 8 hours · 8 servings



## Directions

1. Combine lentils, tomatoes, onion, garlic, half the parsley, cumin, paprika, salt and water in the slow cooker. Cook on high for at least 4 hours, or on low for 8-12 hours.
2. Garnish with remaining parsley and enjoy!

## Notes

### Serve it With

Greek yogurt, crusty bread, rice, quinoa, brown rice tortilla chips, and/or fried eggs.

### Leftovers

Refrigerate in an airtight container up to 5 days. Freeze if longer.

## Ingredients

- 2 cups Dry Lentils (brown or green, uncooked)
- 2 Tomato (medium, diced)
- 1 Yellow Onion (medium, diced)
- 3 Garlic (cloves, minced)
- 1/2 cup Parsley (chopped and divided)
- 1 tbsp Cumin
- 1 tbsp Paprika
- 2 tsps Sea Salt
- 8 cups Water

## Nutrition

Amount per serving

<b>Calories</b>	187	Vitamin D	0IU
<b>Fat</b>	1g	Vitamin E	1mg
Saturated	0g	Vitamin K	65µg
<b>Carbs</b>	34g	Thiamine	0.4mg
Fiber	6g	Riboflavin	0.1mg
Sugar	2g	Niacin	2mg
<b>Protein</b>	13g	Vitamin B6	0.3mg
Cholesterol	0mg	Folate	244µg
Sodium	614mg	Vitamin B12	0µg
Potassium	463mg	Phosphorous	153mg
Vitamin A	1189IU	Magnesium	36mg
Vitamin C	12mg	Zinc	2mg

Calcium	64mg	Selenium	0µg
Iron	5mg		

# Slow Cooker Swedish Meatballs

8 ingredients · 4 hours 30 minutes · 4 servings



## Directions

1. In a bowl, mix together the ground turkey, half of the parsley, onion powder and salt. Form meatballs about 1-inch in diameter.
2. Place mushrooms, onion, coconut milk and coconut aminos into the bottom of the slow cooker. Set meatballs on top. Cover with lid and cook on low for 6 to 8 hours, or on high for 4 hours (or until meatballs are cooked through).
3. Once meatballs are cooked through, use a slotted spoon to lift them out of the slow cooker into a serving dish. Set aside.
4. Transfer the cooked mushrooms, onion and coconut milk from the bottom of the slow cooker into a blender and puree into a gravy. Once smooth, pour it over top of the meatballs. Garnish with remaining parsley. Enjoy!

## Notes

### Serve it With

Spaghetti squash, pasta, cauliflower rice or zucchini noodles. These are also great served alone as an appetizer!

### Leftovers

Keeps well in the fridge up to 3 days. Freeze for longer.

## Ingredients

- 454 grams** Extra Lean Ground Turkey
- 1/2 cup** Parsley (chopped and divided)
- 1 tsp** Onion Powder
- 3/4 tsp** Sea Salt
- 3 cups** Mushrooms (sliced)
- 1** White Onion (chopped)
- 1/2 cup** Canned Coconut Milk
- 3 tbsps** Coconut Aminos (or tamari)

## Nutrition

Amount per serving

<b>Calories</b>	266	Vitamin D	21IU
<b>Fat</b>	15g	Vitamin E	0mg
Saturated	7g	Vitamin K	125µg
<b>Carbs</b>	9g	Thiamine	0.2mg
Fiber	2g	Riboflavin	0.5mg
Sugar	5g	Niacin	9mg
<b>Protein</b>	24g	Vitamin B6	0.5mg
Cholesterol	84mg	Folate	37µg
Sodium	740mg	Vitamin B12	1.4µg
Potassium	604mg	Phosphorous	295mg
Vitamin A	723IU	Magnesium	37mg
Vitamin C	14mg	Zinc	3mg
Calcium	46mg	Selenium	28µg

Iron

2mg

# Slow Cooker Purple Cabbage with Apples

4 ingredients · 4 hours · 6 servings



## Directions

1. Toss all ingredients in the slow cooker. Cook on high for 4-6 hours, or low for up to 12 hours.
2. Divide into bowls or onto plates and enjoy!

## Notes

### More Flavour

Add caraway seeds, cinnamon, cardamom, nutmeg and/or ground cloves.

### No Red Wine Vinegar

Use balsamic vinegar or apple cider vinegar instead.

### No Apples

Use pears instead.

### Turn it Into a Salad

Mix with quinoa, spinach, walnuts and goat cheese.

### Storage

Refrigerate within 2 hours of cooking in an air-tight container up to 3-5 days. Freeze up to 10 months. Once thawed, refrigerate up to 3-4 days and eat immediately after reheating.

## Ingredients

**4 3/4 cups** Purple Cabbage (finely sliced)

**2 1/3** Apple (diced)

**2/3** Yellow Onion (finely diced)

**2 1/3 tbsps** Red Wine Vinegar

## Nutrition

Amount per serving

<b>Calories</b>	66	Vitamin D	0IU
<b>Fat</b>	0g	Vitamin E	0mg
Saturated	0g	Vitamin K	29µg
<b>Carbs</b>	16g	Thiamine	0.1mg
Fiber	4g	Riboflavin	0.1mg
Sugar	11g	Niacin	0mg
<b>Protein</b>	1g	Vitamin B6	0.2mg
Cholesterol	0mg	Folate	15µg
Sodium	21mg	Vitamin B12	0µg
Potassium	269mg	Phosphorous	30mg
Vitamin A	834IU	Magnesium	15mg
Vitamin C	44mg	Zinc	0mg
Calcium	41mg	Selenium	0µg
Iron	1mg		

# Slow Cooker Salsa Chicken

2 ingredients · 4 hours · 4 servings



## Directions

1. Place chicken breasts in the slow cooker and cover them with salsa. Cover with lid and cook on high for 4 hours, or on low for 6 to 8 hours.
2. Remove lid and shred the chicken breasts using two forks. Stir and let the shredded chicken marinate in the salsa for another 10 minutes or more.
3. Remove the chicken from the slow cooker and enjoy!

## Notes

### Serve it With

Tacos, our Turmeric Chili Rice, Simple Avocado Salad, Vegan Corn Bread and/or House Salad.

### Leftovers

Refrigerate in an airtight container up to 3 days or freeze for up to 6 months.

### Too Dry

If you are finding the chicken is too dry after shredding it, stir in extra salsa.

## Ingredients

**567 grams** Chicken Breast (boneless, skinless)

**1/2 cup** Salsa

## Nutrition

Amount per serving

<b>Calories</b>	179	Vitamin D	1IU
<b>Fat</b>	4g	Vitamin E	1mg
Saturated	1g	Vitamin K	1µg
<b>Carbs</b>	2g	Thiamine	0.1mg
Fiber	1g	Riboflavin	0.3mg
Sugar	1g	Niacin	14mg
<b>Protein</b>	32g	Vitamin B6	1.2mg
Cholesterol	103mg	Folate	14µg
Sodium	295mg	Vitamin B12	0.3µg
Potassium	561mg	Phosphorous	312mg
Vitamin A	192IU	Magnesium	44mg
Vitamin C	1mg	Zinc	1mg
Calcium	17mg	Selenium	32µg
Iron	1mg		

# Slow Cooker Baked Apples

7 ingredients · 2 hours · 4 servings



## Directions

1. In a small bowl, combine apple cider vinegar, water and half the maple syrup. Add mixture to the slow cooker and set to high.
2. In the same bowl, combine granola, coconut oil, cinnamon and remainder of maple syrup. Mix well. Fill the apples with the granola filling and set aside any leftovers.
3. Add apples to the slow cooker and cook for 2 hours, or until the apples are soft.
4. Top with any leftover granola before serving. Enjoy!

## Notes

### Serve it With

Coconut cream, cashew cream, yogurt, or ice cream.

### No Slow Cooker

Place apples in a foil-lined pan and cook at 350 degrees F for 45 to 60 minutes.

### Leftovers

Refrigerate in an air-tight container up to 3 days.

## Ingredients

**1/4 cup** Apple Cider Vinegar

**1/4 cup** Water

**1 tbsp** Maple Syrup (divided)

**3/4 cup** Granola

**1 tbsp** Coconut Oil (melted)

**1 tsp** Cinnamon

**4** Apple (medium, cored, leaving 1/2 inch at the bottom)

## Nutrition

Amount per serving

<b>Calories</b>	255	Vitamin D	0IU
<b>Fat</b>	9g	Vitamin E	3mg
Saturated	4g	Vitamin K	5µg
<b>Carbs</b>	41g	Thiamine	0.2mg
Fiber	7g	Riboflavin	0.2mg
Sugar	27g	Niacin	1mg
<b>Protein</b>	4g	Vitamin B6	0.2mg
Cholesterol	0mg	Folate	25µg
Sodium	9mg	Vitamin B12	0µg
Potassium	342mg	Phosphorous	120mg
Vitamin A	105IU	Magnesium	50mg
Vitamin C	9mg	Zinc	1mg
Calcium	42mg	Selenium	6µg

Iron

1mg

# Slow Cooker Lamb & White Bean Stew

10 ingredients · 5 hours · 4 servings



## Directions

1. Add all ingredients to the slow cooker and set to high for 5 hours, or low for 8 hours.
2. Before serving, remove the bones and shred the meat with a fork (if it hasn't fallen apart already). Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to two months.

### Serving Size

One serving equals approximately two cups.

### Serve it With

Toasted bread, our Cleaned Up Biscuits, rice, quinoa or cauliflower rice.

### More Veggies

Add watercress, kale or spinach before serving.

### No Potato

Use cauliflower instead.

### Serve as Iranian Abgoosht

Separate the broth and serve with bread. The remaining ingredients are mashed up and served separately alongside the broth.

### Vegan & Vegetarians

Replace the lamb with chickpeas.

## Ingredients

- 5 cups Water
- 397 grams Lamb Shank
- 2 cups White Navy Beans (cooked)
- 1 Yellow Onion (medium, diced)
- 2 Tomato (diced)
- 1 Yellow Potato (medium, diced)
- 2 tsps Turmeric
- 2 tsps Apple Cider Vinegar
- 1 tbsp Tomato Paste
- 2 tsps Sea Salt

## Nutrition

Amount per serving

Calories	397	Vitamin D	0IU
Fat	14g	Vitamin E	0mg
Saturated	6g	Vitamin K	2µg
Carbs	39g	Thiamine	0.4mg
Fiber	12g	Riboflavin	0.3mg
Sugar	4g	Niacin	8mg
Protein	28g	Vitamin B6	0.5mg
Cholesterol	66mg	Folate	172µg
Sodium	1273mg	Vitamin B12	2.5µg
Potassium	1074mg	Phosphorous	362mg
Vitamin A	892IU	Magnesium	100mg

Vitamin C	21mg	Zinc	5mg
Calcium	124mg	Selenium	25µg
Iron	6mg		

# Slow Cooker Beef Stew

11 ingredients · 4 hours · 6 servings



## Directions

1. Add all ingredients except the brown rice flour to the slow cooker and mix well. Cover and cook on low for 4 to 6 hours, or until beef is tender.
2. Remove lid and stir in brown rice flour. Continue to stir until liquid thickens.
3. Ladle into bowls and enjoy!

## Notes

### Leftovers

Store in the fridge up to 3 days or freeze.

### More Carbs

Serve it with roasted potatoes, rice or quinoa.

### Add Greens

Stir in chopped kale or baby spinach just before serving.

## Ingredients

- 2 **tbps** Extra Virgin Olive Oil
- 907 **grams** Stewing Beef (sliced into bite-size pieces)
- 1/4 **cup** Red Wine Vinegar
- 2 **cups** Baby Carrots
- 1 Sweet Onion (diced)
- 2 1/2 **cups** Mushrooms (sliced)
- 1 **cup** Beef Broth
- 1/2 **tsp** Dried Thyme
- 1 **tsp** Sea Salt
- 1/2 **tsp** Black Pepper
- 1/4 **cup** Brown Rice Flour

## Nutrition

Amount per serving

<b>Calories</b>	311	Vitamin D	9IU
<b>Fat</b>	12g	Vitamin E	1mg
Saturated	4g	Vitamin K	7µg
<b>Carbs</b>	16g	Thiamine	0.2mg
Fiber	3g	Riboflavin	0.5mg
Sugar	6g	Niacin	9mg
<b>Protein</b>	35g	Vitamin B6	1.0mg
Cholesterol	95mg	Folate	26µg
Sodium	645mg	Vitamin B12	3.4µg

Potassium	789mg	Phosphorous	403mg
Vitamin A	7681IU	Magnesium	49mg
Vitamin C	8mg	Zinc	9mg
Calcium	64mg	Selenium	40µg
Iron	4mg		

# Slow Cooker Chicken Soup

8 ingredients · 6 hours · 6 servings



## Directions

1. Add all ingredients to the crock pot and cook on low for 6-8 hrs.
2. Once chicken is cooked through, transfer it to a large bowl and shred it with two forks. Return the shredded chicken to the crock pot and let it soak for at least 5-10 minutes before serving. Adjust seasoning as needed.

## Notes

### More Carbs

Add chopped potatoes or cooked rice/pasta. You can also mix in raw pasta about 15 minutes before serving.

### Leftovers

Refrigerate in an air-tight container up to 3-4 days or freeze up to 6 months. Omit pasta and potatoes if you plan to freeze.

## Ingredients

- 1 Yellow Onion (diced)
- 4 stalks Celery (diced)
- 3 Carrot (medium, chopped)
- 1 tbsp Rosemary (fresh)
- 227 grams Chicken Breast (boneless, skinless)
- 454 grams Chicken Thighs (boneless, skinless)
- Sea Salt & Black Pepper (to taste)
- 6 cups Water (or broth)

## Nutrition

Amount per serving

Calories	161	Vitamin D	1IU
Fat	4g	Vitamin E	1mg
Saturated	1g	Vitamin K	14µg
Carbs	6g	Thiamine	0.1mg
Fiber	2g	Riboflavin	0.2mg
Sugar	3g	Niacin	8mg
Protein	24g	Vitamin B6	0.7mg
Cholesterol	99mg	Folate	22µg
Sodium	137mg	Vitamin B12	0.5µg
Potassium	504mg	Phosphorous	237mg
Vitamin A	5253IU	Magnesium	40mg
Vitamin C	3mg	Zinc	2mg
Calcium	59mg	Selenium	26µg

Iron

2mg

# Slow Cooker Blueberry Meatballs

9 ingredients · 3 hours · 8 servings



## Directions

1. Add the coconut sugar, tamari, apple cider vinegar, sriracha, garlic, and sesame oil to the pot of the slow cooker and whisk to combine. Add the blueberries and meatballs and stir to coat.
2. Cover and cook on high for three hours or until the meatballs reach an internal temperature of 160°F (70°C). Divide evenly between plates, top with sesame seeds (if using), and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving is equal to approximately five meatballs.

### Gluten-Free

Use gluten-free meatballs.

### Additional Toppings

Garnish with sliced green onions.

### Make it Vegan

Use plant-based meatballs.

## Ingredients

- 1/3 cup Coconut Sugar
- 2 tbsps Tamari
- 2 tbsps Apple Cider Vinegar
- 2 tbsps Sriracha
- 2 Garlic (cloves, minced)
- 2 tsps Sesame Oil
- 1 cup Frozen Blueberries
- 454 grams Frozen Meatballs
- 1 tbsp Sesame Seeds (optional, garnish)

## Nutrition

Amount per serving

<b>Calories</b>	218	Vitamin D	1IU
<b>Fat</b>	14g	Vitamin E	1mg
Saturated	5g	Vitamin K	9µg
<b>Carbs</b>	15g	Thiamine	0.1mg
Fiber	2g	Riboflavin	0.2mg
Sugar	10g	Niacin	2mg
<b>Protein</b>	9g	Vitamin B6	0.2mg
Cholesterol	37mg	Folate	25µg
Sodium	733mg	Vitamin B12	0.6µg
Potassium	214mg	Phosphorous	154mg
Vitamin A	176IU	Magnesium	25mg
Vitamin C	2mg	Zinc	1mg

Calcium	61mg	Selenium	9µg
Iron	1mg		

# Slow Cooker Cabbage Roll Soup

14 ingredients · 4 hours · 6 servings



## Directions

1. Use a food processor to pulse your cauliflower into rice.
2. Add all ingredients except ground turkey, spinach and parsley to your slow cooker. Stir very well to combine. Set ground turkey on the top. Cover with a lid. Cook on low for 7 to 8 hours or on high for 4 hours (or until meat is fully cooked through).
3. Before serving, take the lid off and use a wooden spoon to break the cooked ground turkey into small pieces. Stir in the spinach until wilted. Ladle into bowls and garnish with parsley. Enjoy!

## Notes

### Leftovers

Refrigerate in an air-tight container up to 5 days, or freeze up to a year.

### Serving Size

One serving is roughly 2 cups of soup.

### No Ground Turkey

Use any type of ground meat.

### Vegan & Vegetarians

Replace the meat with 1 can of lentils, chickpeas or kidney beans.

## Ingredients

- 1 head Cauliflower (processed into rice)
- 4 cups Green Cabbage (roughly chopped)
- 1 Yellow Onion (diced)
- 4 Garlic (cloves, minced)
- 3 cups Crushed Tomatoes
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Italian Seasoning
- 1/2 tsp Red Pepper Flakes (optional)
- 1 tsp Sea Salt
- 1 tsp Black Pepper
- 1 cup Water
- 454 grams Extra Lean Ground Turkey (or chicken)
- 4 cups Baby Spinach (optional)
- 1/3 cup Parsley (chopped, optional)

## Nutrition

Amount per serving

<b>Calories</b>	249	Vitamin D	11IU
<b>Fat</b>	12g	Vitamin E	3mg
Saturated	2g	Vitamin K	222µg
<b>Carbs</b>	21g	Thiamine	0.2mg
Fiber	7g	Riboflavin	0.3mg
Sugar	11g	Niacin	6mg

<b>Protein</b>	20g	Vitamin B6	0.8mg
Cholesterol	56mg	Folate	147µg
Sodium	730mg	Vitamin B12	0.9µg
Potassium	1084mg	Phosphorous	259mg
Vitamin A	2599IU	Magnesium	82mg
Vitamin C	91mg	Zinc	3mg
Calcium	143mg	Selenium	16µg
Iron	5mg		

# Curried Chicken Slow Cooker Stew

9 ingredients · 6 hours · 6 servings



## Directions

1. Add all ingredients except chicken breasts to the slow cooker and stir well to mix. Then lay chicken on top and season them generously with sea salt and pepper. Cover with lid and cook on low setting overnight or for 6 to 8 hours.
2. After 6 to 8 hours, remove the lid and lift the chicken out onto a plate. Use a fork to shred the chicken breasts and add them back to the slow cooker. Stir well to mix and let sit for 15 minutes.
3. Serve the stew on it's own or over brown rice. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately 1 1/2 cups of stew.

### More Carbs

Serve it over brown rice.

### More Protein

Serve it over quinoa.

### Vegan and Budget-Friendly

Skip the chicken breast and add an extra can of chickpeas, lentils or beans instead.

### Turn it Into a Soup

Double up on the broth.

### More Green Veggies

Right before serving, stir in a few cups of baby spinach or chopped kale just until wilted.

## Ingredients

- 1 Sweet Potato (large, diced)
- 2 cups Chickpeas (cooked, drained and rinsed)
- 1/2 cup Frozen Corn
- 1/2 cup Frozen Peas
- 1 tsp Cumin (ground)
- 1 tbsp Curry Powder
- 2 Garlic (cloves, minced)
- 2 cups Vegetable Broth (or any type of broth)
- 227 grams Chicken Breast

## Nutrition

Amount per serving

<b>Calories</b>	185	Vitamin D	0IU
<b>Fat</b>	3g	Vitamin E	1mg
Saturated	0g	Vitamin K	7µg
<b>Carbs</b>	26g	Thiamine	0.2mg
Fiber	6g	Riboflavin	0.2mg
Sugar	5g	Niacin	5mg
<b>Protein</b>	15g	Vitamin B6	0.5mg
Cholesterol	27mg	Folate	113µg
Sodium	262mg	Vitamin B12	0.1µg
Potassium	441mg	Phosphorous	213mg
Vitamin A	3587IU	Magnesium	54mg
Vitamin C	4mg	Zinc	1mg

Calcium	52mg	Selenium	12µg
Iron	3mg		